



# ARMY MEDICINE | DPA SENDS

January 26, 2022

## WHAT YOU NEED TO KNOW

1. The Army Surgeon General, LTG R. Scott Dingle, "TSG SENDS: COVID-19 and Army Medicine" messages from this week are included for your awareness. Please read!

- **TSG SENDS - COVID-19 and Army Medicine 111 (January 20, 2022)**

2. **4 FEB 22 II TSG Leadership Lecture Series and Resilient Leader Webinar - Ms. Cheri J. Najor (January 24, 2022)**

COVID-19 Information:

- Army Medicine COVID-19 Hotline: **1-800-984-8523** or **DSN 312-421-3700**
- Army: [www.army.mil/coronavirus](http://www.army.mil/coronavirus)
- APHC: <https://phc.amedd.army.mil/topics/campaigns/covid19>
- CDC Web Page: [www.cdc.gov/coronavirus/2019-ncov/index.html](http://www.cdc.gov/coronavirus/2019-ncov/index.html)
- DoD Web Page: [www.defense.gov/Explore/Spotlight/Coronavirus](http://www.defense.gov/Explore/Spotlight/Coronavirus)
- Health.mil Web Page: <https://health.mil/News/In-the-Spotlight/Coronavirus>
- TRICARE Web Page: <https://tricare.mil/coronavirus>

## Army Medicine STRATEGIC VISION

### JANUARY OBSERVANCES

National Blood Donor Month  
Cervical Health Awareness Month  
New Year's Day - Jan 1  
Martin Luther King Jr. Day - Jan 17  
Best Medic Competition - Jan 22 - 28

## UPCOMING EVENT

### 1. **TSG & CSM Virtual Town Hall - 14 FEB 22 1130-1230 ET**

The Surgeon General and Commanding General, U.S. Army Medical Command, LTG R. Scott Dingle, and the Command Sergeant Major, U.S. Army Medical Command and Senior Enlisted Advisor to the Army Surgeon General, CSM Diamond D. Hough, will host their next Virtual Town Hall meeting on Monday, 14 February 2022 from 1130 – 1230 (ET).

**TOPIC:** TSG and CSM will provide updates on current events (e.g. mandatory vaccines, MHS transformation, MEDCOM reorganization, JBSA building moves, etc.) and then open for Q&A and discussion. Our senior leaders want to hear from you, so all attendees are encouraged to ask their questions during the Town Hall. For those who wish to remain anonymous, please send your questions to the Directorate of Public Affairs (DPA) at [usarmy.jbsa.medcom.mbx.medcom-public-affairs@mail.mil](mailto:usarmy.jbsa.medcom.mbx.medcom-public-affairs@mail.mil).

Join ZoomGov Meeting: <https://www.zoomgov.com/j/1608433864?pwd=bStOVFAxdHlreDIPMVdFZG9mbjIiWQT09>

Meeting ID: 160 843 3864

Passcode: 546399

#### AUDIO ONLY:

833 568 8864 (US Toll-free)

+1 551 285 1373 (US)

Meeting ID: 160 843 3864

## ARMY MEDICINE WEEK IN REVIEW

### ARTICLES

1. Public Health nurses offer insights on living with COVID-19 now, looking into future (January 24) [www.dvidshub.net/news/413338/public-health-nurses-offer-insights-living-with-covid-19-now-looking-into-future](http://www.dvidshub.net/news/413338/public-health-nurses-offer-insights-living-with-covid-19-now-looking-into-future)
2. New inductees to Order of Military Medical Merit, 9A designation at WBAMC (January 21) [www.dvidshub.net/news/413254/new-inductees-order-military-medical-merit-9a-designation-wbamc](http://www.dvidshub.net/news/413254/new-inductees-order-military-medical-merit-9a-designation-wbamc)
3. Caregivers Discuss Stress Management Strategies at Army Caregiver Virtual Forum (January 20) [www.dvidshub.net/news/413137/caregivers-discuss-stress-management-strategies-army-caregiver-virtual-forum](http://www.dvidshub.net/news/413137/caregivers-discuss-stress-management-strategies-army-caregiver-virtual-forum)
4. Fort Campbell SRU Gives Soldiers a Therapeutic Challenge Through Fly Fishing (January 20) [www.dvidshub.net/news/413133/fort-campbell-sru-gives-soldiers-therapeutic-challenge-through-fly-fishing](http://www.dvidshub.net/news/413133/fort-campbell-sru-gives-soldiers-therapeutic-challenge-through-fly-fishing)

# ARMY MEDICINE WEEK IN REVIEW CON'T.

## ARTICLES CON'T.

5. Command surgeon highlights life-saving Army medical advances at high school presentation (January 19) [www.army.mil/article/253351/command\\_surgeon\\_highlights\\_life\\_saving\\_army\\_medical\\_advances\\_at\\_high\\_school\\_presentation](http://www.army.mil/article/253351/command_surgeon_highlights_life_saving_army_medical_advances_at_high_school_presentation)
6. Why fitness matters – reviewing history of Army fitness testing (January 19) [www.dvidshub.net/news/413101/why-fitness-matters-reviewing-history-army-fitness-testing](http://www.dvidshub.net/news/413101/why-fitness-matters-reviewing-history-army-fitness-testing)
7. Oregon National Guard surging to support hospitals again (January 19) [www.army.mil/article/253345/oregon\\_national\\_guard\\_surging\\_to\\_support\\_hospitals\\_again](http://www.army.mil/article/253345/oregon_national_guard_surging_to_support_hospitals_again)
8. Medical NCOA welcomes sixteenth commandant (January 19) [www.army.mil/article/253350/medical\\_ncoa\\_welcomes\\_sixteenth\\_commandant](http://www.army.mil/article/253350/medical_ncoa_welcomes_sixteenth_commandant)
9. Minnesota National Guard fills gap amid COVID-19 surge (January 18) [www.army.mil/article/253327/minnesota\\_national\\_guard\\_fills\\_gap\\_amid\\_covid\\_19\\_surge](http://www.army.mil/article/253327/minnesota_national_guard_fills_gap_amid_covid_19_surge)
10. NBJACH, 32nd Hospital Center partners in medical readiness (January 18) [www.dvidshub.net/news/413309/bjach-32nd-hospital-center-partners-medical-readiness](http://www.dvidshub.net/news/413309/bjach-32nd-hospital-center-partners-medical-readiness)
11. Fort Bliss SRU Holds Mini-Competition to Help Soldiers Get Into Sports, Army Trials (January 18) [www.dvidshub.net/news/413016/fort-bliss-sru-holds-mini-competition-help-soldiers-get-into-sports-army-trials](http://www.dvidshub.net/news/413016/fort-bliss-sru-holds-mini-competition-help-soldiers-get-into-sports-army-trials)

## VIDEOS

1. 2022 BEST MEDIC COMPETITION - ACFT (December 24) [www.dvidshub.net/video/829111/2022-best-medic-competition-acft](http://www.dvidshub.net/video/829111/2022-best-medic-competition-acft)
2. 2022 BEST MEDIC COMPETITION - ACFT (December 24) [www.dvidshub.net/video/829111/2022-best-medic-competition-acft](http://www.dvidshub.net/video/829111/2022-best-medic-competition-acft)
3. 2022 BEST MEDIC COMPETITION - Meet the Competitors (December 24) <https://www.dvidshub.net/unit/USAMEDCOM>



## TSG SENDS (January 20, 2021)

Army Medicine Family,

I hope you are staying safe amid the ongoing surge of Omicron coronavirus cases. If you haven't already done so, I encourage you to take advantage of the free at-home COVID tests the government has made available at [www.covidtests.gov](https://www.covidtests.gov).

I want to thank Dr. Robert J. Wicks for leading last week's virtual resiliency lecture and fielding questions related to overcoming secondary stress. Dr. Wicks, the author of *Overcoming Secondary Stress in Medical and Nursing Practice*, explained that secondary stress is an emotional strain that can occur and accumulate when a provider listens to others' first-hand trauma experiences. Recognizing and addressing secondary stress is particularly important for healthcare and behavioral health providers to help them avoid on-the-job burnout.

In other news, the 2022 Command Sgt. Maj. Jack L. Clark, Jr., U.S. Army Best Medic Competition kicks off on January 24 and runs through January 28 at Fort Hood, Texas. Make sure you're following our social media accounts to cheer on the competitors.

For those of you planning to attend AMSUS this year, the event will be 100 percent virtual. I hope everyone can participate.

### Employee Spotlight



In this week's employee spotlight, we are saying farewell to MSG Paul Gill, who joined the U.S. Army Medical Command (MEDCOM) in summer 2021 as the first sergeant of the Headquarters and Headquarters Company at Joint Base San Antonio, Texas. Prior to joining MEDCOM, Paul served as the G-33 noncommissioned officer-in-charge at Regional Health Command-Central.

As a 68W Healthcare Specialist, Paul has served in the U.S. Army for 16 years. "I woke up one day and felt like I needed a life change. So, I went and joined the Army. I left for basic about 7-10 days later," he said. Paul was born and raised in England. He initially tried to join the Army after 9/11 but was not allowed because he wasn't a U.S. resident at the time. He became a U.S. citizen in 2009 after completing his first 15-month combat tour in Iraq. He has a strong combat arms background, including two tours in Afghanistan and one tour in Iraq.

Prior to his time at MEDCOM, Paul served as a senior medical advisor with the 1st Security Forces Assistance Brigade (SFAB) at Fort Benning, Georgia. He was serving in Vicenza, Italy, during the initial outbreak of the COVID-19 pandemic, providing medical threat assessments, planning, and logistical support to SFAB teams moving in and out of the Africa Command (AFRICOM) area of operation. "We worked in a high OPTEMPO, maneuvering advisor teams in and out of several countries in AFRICOM, while combating the emerging COVID-19 threat and rapidly changing travel restrictions," Paul said. "From ensuring teams could get into theater, setting conditions to execute their mission with partner forces, and ensuring the availability of care and medical evacuation planning, everything became extremely challenging with the added complexity of COVID-19." He said he counts this challenging duty among his most fulfilling assignments in the Army.

Paul holds an associate's degree in health sciences. His passion for the care and wellbeing of his fellow Soldiers and their family members led to his desire to become a physician assistant. He will depart MEDCOM in the coming weeks to start the Interservice Physician Assistant Program. He will be commissioned as an officer upon completion of the program.

## TSG SENDS CON'T. (January 20, 2021)

Paul is an avid guitarist and home beer brewer. He has been married nine years, and he and his wife have two children.

Paul, thank you for your work with the MEDCOM. We wish you all the best in your physician assistant program. In the coming years, I hope to see you in one of the MTFs.

Army Medicine is Army Strong.

TSG 45

VR

R. SCOTT DINGLE

Lieutenant General, U.S. Army

The Surgeon General and

Commanding General, USMEDCOM

### Useful links:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>

<https://www.armyemergencyrelief.org/covid19>

[www.militaryonesource.mil/coronavirus](http://www.militaryonesource.mil/coronavirus)

[www.coronavirus.gov](http://www.coronavirus.gov)

[www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)

[www.usa.gov/coronavirus](http://www.usa.gov/coronavirus)

### Chaplain Resilience Video:

[www.facebook.com/ArmyChaplainCorps/videos/2679539028980334](https://www.facebook.com/ArmyChaplainCorps/videos/2679539028980334)

### 4 FEB 22 II TSG Leadership Lecture Series and Resilient Leader Webinar - Ms. Cheri J. Najor

The Surgeon General and Commanding General, United States Army Medical Command, requests the pleasure of your virtual participation in the Leadership Lecture Series (LLS) and Resilient Leader Webinar, occurring for OTSG/ MEDCOM HQs OneStaff, Spouses and TSG's GOSC Leadership (all Army Medicine Personnel) on Friday, 4 February 2022 at 1330-1430 ET (please plan to connect to Zoom for Government 15-mins prior to start time).

The event supports The Surgeon General's Leader Development Program for OneStaff to build agile and adaptive leaders for today and tomorrow's operating environment. We will host Ms. Cheri J. Najor, founder of the Center for Peak Performance, to serve as our Guest Speaker for part three of her special series on "Emotional Intelligence for Leaders – Social Skills".

Your RSVP is important for the meeting invite which you'll receive and need for connection (will be sent 24-hours prior to event). This new system provides the DoD with enhanced collaboration capabilities for DoD teleworkers to facilitate continuity of operations during the COVID-19 pandemic.

To view your invitation please click the link below. If you are unable to click on the link please copy and paste the address into your web browser.

<https://einvitations.afit.edu/inv/anim.cfm?i=629064&k=04634B097D53>

Meeting ID: 161 681 1278

Passcode: 783471

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Find your local number: <https://www.zoomgov.com/join/aco39lrXc3>